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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 'Ghost', [illegible] 'Phantom', [illegible] 'Ghost' ([illegible]) - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

*5. [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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7. THE PROMISE ([illegible]) [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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* [illegible] **(DLPA) 500** [illegible], [illegible] **([illegible] [illegible]);**
* [illegible] **(Tyrosine) 500** [illegible], [illegible] **([illegible] [illegible] [illegible] [illegible] [illegible] [illegible]);**
* [illegible]**-**[illegible] **(CDP-Choline) 300** [illegible];
* [illegible] **(Uridine) 150** [illegible].

[illegible] [illegible] [illegible]:
* [illegible] **(Agmatine) 500** [illegible], [illegible] [illegible] **2-3** [illegible];
* [illegible] **(DLPA) 500** [illegible], [illegible];
* [illegible] [illegible] [illegible] **(Black Seed Oil) 1-2** [illegible], [illegible];
* [illegible] **(Magnesium) 400** [illegible], [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]:
* [illegible] **(NAC) 600-1200** [illegible]. [illegible] [illegible] [illegible]; [illegible] **1-2** [illegible] [illegible]; [illegible] **400** [illegible] [illegible]; [illegible] **200** [illegible] [illegible], [illegible] [illegible]

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100-200 [illegible] [illegible] [illegible]; [illegible] [illegible] 20-40 [illegible]
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200-400 [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
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200-400 [illegible] [illegible] [illegible] [illegible]
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200 [illegible] 1000 [illegible] [illegible] [illegible]
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50-100 [illegible] [illegible]
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20-50 [illegible] [illegible] [illegible]
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16 [illegible] **20** [illegible] [illegible] [illegible]

CENTURIAN [illegible] 21

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* □□□□ **I (45-60** □□□□□**) -** □□□□□□□□□□□□□□; □□□□□□□□ □□□□□□□□; □□□□□□□□ □□ □□□□□□
* □□□□ **II (30-45** □□□□□**) -** □□□□-□□□□ □□ □□□□□□□□; □□□□□□□□ □□ □□□□□□□□□□
* □□□□ **III (5-15** □□□□□**) -** □□□□□□□□□□ □□□□□ □□□□□□□□; "□□□□□□□□□" □□□□; □□, □□□□□□□□□□□□ □□ □□□□□□ □□□□□□□□ □□ □□□□ □□□□□ □□; □□□□ □□□□ □□□□□□□□ □□ □□□□□□□□ □□□□□□ □□ □□□□□□ □□□□ □□□□□ □□□□; □□ □□□□□□ □□ □□□□ □□ □□□□□ □□□□□□□□□ □□ □□□□□ □□□□ □□□□□ □□□□□ □□□□ □□□□ **IV -** □□□□ **I** □□□□ □□□□□□□□□□□ □□□□□□□ □□□□ □□□□□: □□□□□ **90-120** □□□□□□ □□□□ □□□□ □□□□□□□□□□□□□ □□□□□□□ □□□□ □□□□ □□□□□ □□: □□□□□□□□□□□□□ **(**□□□□□□□□□□□□□ □□ □□□□□□□**)** □□□□ **III** □□ □□□□□□□ □□□□□ □□ '□□□□□□ □□□□' □□□□□ □□□□ □□ □□□□□ □□ □□□□□ □□ □□□□ □□□□□ □□□□ □□□□□□ □□ **4-5** □□□□□ □□□□ □□□□□ □□□□□ □□□□□□□□□□□□□**,** □□□□□ □□□□□ □□□□□□ □□ □□□□□□ □□□□ □□ □□□□ □□□□□ □□ □□□□□ □□□□□□ □□□□

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16:8 □□□□□□□□□□□ □□□□□□□□□□

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[illegible], [illegible]
[illegible] (or [illegible])
[illegible] 5-6 [illegible]
[illegible], [illegible]
[illegible] [illegible] or [illegible] (24-72 [illegible])
[illegible] [illegible]
[illegible], [illegible] [illegible]

— 21.3 —

[illegible]

[illegible]:

* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
* [illegible]
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* [illegible]

[illegible] - [illegible]:

0-4 ([illegible]): [illegible]; [illegible]
4-8 ([illegible]-[illegible]): [illegible]; [illegible]
8-12 ([illegible]): [illegible] (**[illegible]**)
12-16 ([illegible]): [illegible] (**[illegible]**)
16-24 ([illegible]): [illegible]; **24-48 [illegible] ([illegible]):** [illegible]; **BDNF** [illegible]: [illegible]

[illegible] - [illegible] **0-2 ([illegible]):** [illegible]; **ADH** [illegible]; **2-4 ([illegible]):** [illegible]; **4-8 ([illegible]):** **2%** [illegible] = [illegible] (**[illegible]**); [illegible]; **10-20%** [illegible] **8-16 ([illegible]): 4%+** [illegible] = [illegible]; [illegible]: [illegible]

— 21.4 —

[illegible] ([illegible]) [illegible], [illegible]

[illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible]
(3) [illegible] - [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible]

[illegible] [illegible] = [illegible]
[illegible] [illegible] **5** [illegible] [illegible] [illegible] [illegible] [illegible] = [illegible]
'[illegible] [illegible] [illegible] [illegible]' [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible]
[illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] 21 - [illegible] [illegible]

— [illegible] —

[illegible]

[illegible]

*[illegible] [illegible] [illegible] [

[illegible] 17

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

REM - [illegible]
[illegible]
20-25%
[illegible]; [illegible]; [illegible]; [illegible]

[illegible] - [illegible] REM ([illegible]) [illegible] - [illegible] REM [illegible]

[illegible] REM (REM) [illegible]—[illegible]

[illegible] - [illegible]:

[illegible]:
* [illegible]
* **REM (**[illegible]**)** [illegible]
* [illegible]
* [illegible]: **REM** [illegible] - [illegible]

[illegible]:
* [illegible] - [illegible]:
[illegible]
[illegible]
[illegible]
[illegible]: [illegible] - [illegible]

[illegible]:
[illegible]
REM ([illegible]**)** [illegible]
[illegible] - [illegible]

[illegible]: [illegible] **(REM)** [illegible]

[illegible]: [illegible] **abstinence (**[illegible]**)** [illegible]

[illegible]

[illegible]:
* [illegible]
* [illegible]
* [illegible]: [illegible] - [illegible]

— 17.2 —

[illegible]

[illegible], [illegible] [illegible]

[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [

[illegible] **[illegible]** [illegible] [illegible] [illegible]

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90 [illegible]

[illegible]; [illegible]; [illegible]; [illegible] [illegible]

60 [illegible]

[illegible], [illegible]-[illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] - [illegible], [illegible], [illegible]; [illegible] [illegible] [illegible]

30 [illegible]

[illegible]; [illegible], [illegible], [illegible]; [illegible] [illegible] [illegible]; [illegible]

[illegible]

[illegible]; [illegible] [illegible]

[illegible]:

[illegible] **-** [illegible] **-** [illegible] [illegible] [illegible]

[illegible] **-** [illegible] **-** **REM** [illegible]

— 17.6 —

[illegible]

[illegible]:

[illegible] **17 -** [illegible]:

[illegible] **; REM (**[illegible]**)** [illegible] **-** [illegible]

[illegible] **30** [illegible] **60** [illegible] **-**
[illegible].
* [illegible], **65** [illegible] **68** [illegible]
* [illegible] — [illegible]
* [illegible]
  * [illegible]; [illegible]
  * [illegible] — [illegible], [illegible]
  * [illegible]; [illegible]
* [illegible]: [illegible], [illegible]

[illegible] **(descent)** [illegible] **-** [illegible]: [illegible]**; REM** [illegible] **-** [illegible]

[illegible] **-** [illegible]

[illegible]

[illegible] **-** **REM** [illegible]

> **[illegible]:** [illegible] [illegible] [illegible]

[illegible] 03

[illegible]

[illegible]

[illegible]: [illegible]

[illegible] - [illegible] [illegible]-03.001]

[illegible]

[illegible] 3.1

[illegible]

[illegible] - [illegible]

[illegible] - "[illegible]" - [illegible]

[illegible]

*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] - [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible]" [illegible] [illegible] [illegible]

[illegible]
[illegible], [illegible], [illegible]
[illegible]
[illegible]

[illegible] 3.3

[illegible]

[illegible] - [illegible]

[illegible] - [illegible], [illegible]

[illegible]

[illegible] - [illegible] - [illegible] [illegible]

[illegible]: [illegible]

[illegible]: [illegible]

encoded

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[illegible] - [illegible] - [illegible]

[illegible]

AFROBEAT [illegible]:

*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]
[illegible], [illegible], [illegible]
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[illegible]
[illegible], [illegible], [illegible], [illegible]
[illegible], [illegible], [illegible] [illegible]
[illegible], [illegible], [illegible]-[illegible] [illegible]

[illegible] 3.4

[illegible]-[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible] - [illegible] [illegible] - [illegible] [illegible]

"[illegible], [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible]

⚠ [illegible] - [illegible] - [illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [

[redacted] - [redacted] [redacted] - [redacted]

1. [redacted]: [redacted] [redacted] [redacted] [redacted], [redacted], [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] **30** [redacted] **60** [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted]
2. [redacted]: [redacted] [redacted] [redacted] - [redacted], [redacted] [redacted] [redacted], [redacted] [redacted] [redacted] [redacted] [redacted] [redacted]

[illegible]

[illegible] 3.6

[illegible]:

[illegible] - [illegible]

[illegible] - [illegible] 03 - [illegible]

1. [illegible]

2. [illegible]

4. [illegible]

5. [illegible]
6. [illegible] - [illegible]
7. [illegible]-[illegible] **8.** [illegible] **(Catharsis)** [illegible]
9. [illegible]

[illegible] - [illegible]

[illegible]

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CENTURIAN [illegible] 04

[illegible] [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]:

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[illegible]

[illegible]
0.5–4 [illegible]
[illegible] [illegible] / [illegible] [illegible]
[illegible]; [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] 30-60 [illegible] [illegible] [illegible] [illegible]
[illegible]
4-8 [illegible]
[illegible] / [illegible] [illegible]
[illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible]
[illegible]
8–12 [illegible]
[illegible], [illegible] [illegible]
[illegible] [illegible], [illegible] [illegible]; [illegible]; [illegible] [illegible] [illegible] [illegible]
[illegible]
12–30 [illegible]
[illegible], [illegible]
[illegible]; [illegible]; [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible]
[illegible]
30-100 [illegible] ([illegible] [illegible] 40 [illegible])[illegible]
[illegible] [illegible] [illegible]; [illegible] [illegible]
40 [illegible] [illegible]: [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]

[illegible] [illegible] **(0.5–4 Hz) —** [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] [

CENTURIAN [illegible] 12

[illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible]-[illegible] [illegible] - [illegible], [illegible] [illegible]

[illegible] [illegible]: [illegible] [illegible] [illegible]

80-100 [illegible], [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
70-90 [illegible], [illegible] [illegible] [illegible], [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
60-80 [illegible], 528 [illegible] [illegible] [illegible], [illegible] [illegible]; [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]
90-120 [illegible], [illegible] [illegible] [illegible] (C#, D#, [illegible] [illegible]); [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]-[illegible] - [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible], [illegible], [illegible]**):** [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible], [illegible] [illegible]**),** [illegible] [illegible]-[illegible] **15-20** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible], [illegible], [illegible] [illegible] [illegible]**):** [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

12–2 [illegible]
[illegible]
80-100 [illegible], [illegible]
[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]
[illegible] 2 [illegible] [illegible] 4 [illegible] [illegible]
[illegible] [illegible] [illegible]
90–110 [illegible], [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] 4 [illegible] [illegible] 6 [illegible] [illegible]
[illegible]
80-100 [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible], [illegible], [illegible]
[illegible]-[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
[illegible] 6 [illegible] [illegible] 8 [illegible]
[illegible]
70-85 [illegible], [illegible] [illegible]; [illegible], [illegible] [illegible] [illegible], [illegible]
[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
[illegible] 8 [illegible] [illegible] 10 [illegible] [illegible]
[illegible] [illegible] [illegible]
60-70 [illegible], [illegible], [illegible]; [illegible] [illegible]/[illegible]
[illegible] [illegible] [illegible]; [illegible] [illegible]
[illegible] 10 [illegible] [illegible] [illegible]
[illegible]
50-60 [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible], [illegible] [illegible]
[illegible] [illegible]; [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]:

[illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]; **60-70** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]-[illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] **90-110** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]-[illegible] [illegible]: **120 → 100 → 80 → 60** [illegible], [illegible] [illegible] **30-45** [illegible] [illegible] [illegible]

— 12.3 —

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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* **Recovery Kernel.**
* **Naloxone.**
* **COMT.**
* **DRD2.**
* **MTHFR.**
* **Blueprint.**
* **findahelpline.com.**

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Genre — Activation and Motivation

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[illegible], [illegible], [illegible] - [illegible], [illegible] [illegible] (85-115 [illegible])[illegible]

[illegible] / [illegible]

[illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (120-130 [illegible]) [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible] [illegible] ([illegible])[illegible]

[illegible] - [illegible], [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible]

[illegible]-[illegible]

[illegible], [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] / [illegible]

[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]

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[illegible]-[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] (GABA) [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] **([illegible], [illegible], GHB) —** [illegible]: **GABA** [illegible] → [illegible] [illegible] → [illegible] [illegible]: [illegible], [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **—** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(1-5):** [illegible] **60-70 BPM —** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] **(4-8 Hz),** [illegible] [illegible] [illegible] **(0.5-4 Hz)**[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
[illegible] **-** [illegible] [illegible] [illegible]
[illegible]-[illegible] [illegible] **(6-14):**
[illegible]-[illegible] **70-80** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]: [illegible], [illegible], [illegible] **100** [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] **(**[illegible], [illegible], [illegible]**) -** [illegible]: [illegible] [illegible] [illegible] → [illegible] [illegible] → [illegible]: [illegible], [illegible], [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] **(**[illegible] **1-7):** [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **60-80** [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible], [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible] **7-21)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: **80-100** [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible] **-** [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
[illegible]: [illegible] [illegible]; [illegible] [illegible], [illegible] [illegible]

[illegible] [illegible] (**[illegible] 1-7**)
60-75 [illegible], [illegible] [illegible] ([illegible], [illegible]-[illegible])
[illegible] [illegible] [illegible], **528** [illegible] ([illegible] [illegible]) [illegible] [illegible]
[illegible], [illegible] [illegible], [illegible] [illegible], [illegible]
[illegible] [illegible] ([illegible], [illegible] [illegible] [illegible]) [illegible] [illegible]
[illegible] [illegible], [illegible], [illegible] [illegible] [illegible]
PAWS [illegible] ([illegible] **2-8**): [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]**- songwriter,** [illegible] [illegible], [illegible] **-** [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] **-** [illegible]:
[illegible] → [illegible] [illegible] [illegible] → [illegible]
[illegible]: [illegible], [illegible] [illegible], [illegible], [illegible], [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
[illegible]: [illegible] [illegible], [illegible]
[illegible] [illegible]: **80-100** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] **-** [illegible] [illegible]:
[illegible] [illegible] [illegible] **(0.5-4)** [illegible] **(Hz)** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
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* [illegible] [illegible] [illegible]: [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] **30** [illegible] [illegible] **(70→90→110 BPM)**
* [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] **20** [illegible] [illegible], **60–70 BPM** [illegible], [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] **60** [illegible] [illegible], [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], **80–100 BPM,** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible], [illegible] [illegible]

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[illegible] **-** [illegible] [illegible] **BDNF,** [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [

⚠ [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]

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[illegible]

[illegible] 13.3

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]

[illegible] - [illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [

⚠ [illegible] - [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]

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[illegible]

[illegible] **13 —** [illegible] **—** [illegible]

Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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CENTURIAN [illegible] 22

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[illegible]

[illegible]

SSRIs/SNRIs
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COMT [illegible] - [illegible] [illegible] [illegible]

COMT [illegible] [illegible] [illegible] [illegible] [illegible]
Val/Val ([illegible]) = [illegible] [illegible] = [illegible] [illegible]
Met/Met ([illegible] [illegible]) = [illegible] [illegible] = [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible]

Met/Met [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible]:
[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]: '[illegible] [illegible]!' ([illegible]-[illegible], [illegible])[illegible]
2-4 [illegible]: [illegible], [illegible], [illegible] [illegible]
2-3 [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] **1** [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: "[illegible] **COMT** [illegible] [illegible]?" [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] - "[illegible]"
[illegible] (D2 [illegible]) [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible] → [illegible] [illegible]**)**[illegible] [illegible]**:** [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] → '[illegible]' [illegible] [illegible] [illegible] [illegible] [illegible] → '[illegible] [illegible] [illegible] [illegible]'
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4. [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] = [illegible] [illegible]

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[illegible] **1 —** [illegible] [illegible] **(**[illegible] **1-4)**
[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]
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* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible]: '[illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible]?'
[illegible] [illegible] [illegible] [illegible] [illegible]: '[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] **2 —** [illegible] [illegible] **(**[illegible] **1-3)**
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[illegible]: **MTHFR, COMT, CYP450 (**[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible])
[illegible] [illegible] [illegible]: [illegible] [illegible], **12,** [illegible], [illegible], [illegible] **(**[illegible] [illegible]**),** [illegible]**-3** [illegible]
[illegible]: [illegible] [illegible] **(TSH, T3, T4,** [illegible]**),** [illegible] [illegible], **HbA1c,** [illegible] [illegible]

[illegible] (CRP, ESR)[illegible]
[illegible]: [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] ([illegible] [illegible] [illegible])[illegible] [illegible]), [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]"

[illegible] 3 — [illegible] [illegible] [illegible] (2-6)
[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (2-4 [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: MTHFR [illegible] → [illegible] + [illegible]; COMT Met/Met → [illegible], [illegible] [illegible]; CYP450 [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] (50-70 ng/mL); [illegible]-3 (2-4g EPA/DHA); [illegible]; [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] (7-9 [illegible], [illegible] [illegible]); [illegible] (30-45 [illegible] 5 [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (2-4 [illegible]); [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible])[illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (2-4 [illegible] 18)[illegible]

[illegible] 4 — [illegible] [illegible] (2-4 [illegible] 4-12+)
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[illegible]

[illegible]: [illegible] "[illegible]" [illegible] [illegible] [illegible]

[illegible] 14

[illegible]

[illegible], [illegible]

[illegible]: [illegible]

§ [illegible] - [illegible] [illegible]

[illegible] [illegible] [illegible] [

3. [illegible]: [illegible] **01** [illegible] **17** [illegible] **-** [illegible] **4.** [illegible]: [illegible] **5.** [illegible]: [illegible] **16** [illegible] **-25** [illegible] **-** [illegible] **Kernel** [illegible]: [illegible]

[illegible] - [illegible] - [illegible]

*[illegible] (vedana) - [illegible] (dukkha) [illegible] "[illegible]" [illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [

*[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]
[illegible], [illegible] [illegible]
[illegible] [illegible]

[illegible] 14.3

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]

⚠ [illegible] - [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [

[illegible]:

[illegible] - [illegible]

[illegible] - [illegible] 14 - [illegible]

1. [illegible] [illegible] [illegible]

CENTURIAN [illegible] 23

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] **(DEA)** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] → [illegible] 'no [illegible] [illegible] no [illegible] no' → [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] → [illegible] no [illegible] [illegible] no no [illegible] [illegible] [illegible] **COMT Met/Met** [illegible]: [illegible] [illegible] [illegible] = [illegible] [illegible] [illegible]; [illegible] no [illegible] no [illegible] [illegible] [illegible]; no [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] no [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] no [illegible] no [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] no no no [illegible] [illegible] no [illegible] [illegible] no no no [illegible] [illegible] no [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] - "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible]: **COMT Met/Met (**[illegible]-[illegible]**)** no **CYP2C9** [illegible] [illegible] **(NSAID-**[illegible]**)**. [illegible] [illegible]: "[illegible] [illegible] no [illegible] [illegible] [illegible] no [illegible] [illegible]" [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] no [illegible] [illegible] no, no [illegible] no [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] no, [illegible] no [illegible] [illegible] [illegible]" [illegible]: [illegible] [illegible] no [illegible] [illegible] [illegible] no, no no no [illegible] [illegible] [illegible] no [illegible] no [illegible] [illegible] [illegible] [illegible] *no* [illegible] no [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] no [illegible] [illegible] [illegible] [illegible] no [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] no [illegible] [illegible] no no [illegible] [illegible] [illegible]: [illegible] → **COMT Met/Met + CYP2C9 IM** [illegible] no [illegible] [illegible] → [illegible] **NSAID** [illegible] no [illegible] **(**no [illegible] no [illegible] [illegible] no [illegible] no**)** → [illegible] [illegible] [illegible] no, no [illegible]-[illegible] **(2.5mg, 10mg** [illegible]**)** [illegible] → [illegible]-[illegible] [illegible] no [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] no [illegible] no no [illegible] [illegible] no no [illegible] [illegible] [illegible] [illegible]: [illegible]

— 23.2 —

[illegible] no [illegible]

*[illegible] "**[illegible]-[illegible]**" no [illegible] no [illegible] no no "no no [illegible] no [illegible] [illegible] no"*

[illegible]:

[illegible] [illegible] no no [illegible] [illegible] [illegible]:

* [illegible] **1 (**[illegible] [illegible] [illegible]**)** = [illegible]-[illegible] [illegible];
* [illegible] **2 (**[illegible]**)** = [illegible] [illegible] [illegible] no [illegible] [illegible] [illegible] [illegible];
* [illegible] **3 (**no**)** = [illegible]

[illegible]: [illegible] no 'no [illegible] [illegible]' no [illegible] [illegible] no [illegible]

[illegible]: [illegible] no [illegible] [illegible] no [illegible], [illegible] no [illegible] no **CYP2C9** [illegible] [illegible] no [illegible], [illegible] **1** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] no [illegible] [illegible] 'no [illegible] no [illegible]' ≠ 'no [illegible] no [illegible]'. no [illegible]

[illegible]

[illegible] [illegible] / [illegible] no [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible]
CYP2C9 - [illegible]; [illegible] [illegible] no [illegible] [illegible]
~30-35% ([illegible] + [illegible])
[illegible]
CYP2C9 - [illegible]; [illegible] [illegible] no [illegible] [illegible]
[illegible] 30-35%.
[illegible]
CYP2C9 - [illegible]; [illegible] [illegible] [illegible] [illegible]
[illegible] 30-35%.
[illegible]
CYP2C9 - [illegible]; [illegible] [illegible]-[illegible]
[illegible] 30-35%.
[illegible]

CYP2C9 - [illegible]; [illegible] [illegible] [illegible]
[illegible] 30-35%[illegible]
[illegible] ([illegible])
CYP2D6 - [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]
~7-10% ([illegible] [illegible])
[illegible] ([illegible]-[illegible])
CYP2D6 - [illegible] [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible]
~1-2%
[illegible]
CYP2D6 - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]
[illegible]
CYP2D6 - [illegible] [illegible] [illegible] [illegible]
~7–10%

[illegible] [illegible] - [illegible] '[illegible]' [illegible]

[illegible] [illegible] [illegible] '[illegible]' [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] '[illegible]' [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **CYP2D6** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

CYP2D6 [illegible] [illegible] **(~7-10%** [illegible]**):**
* [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible]**)**
* '[illegible] [illegible] [illegible]'
* '[illegible] [illegible] [illegible] [illegible]' [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible] [illegible]

CYP2D6 [illegible]-[illegible] [illegible] **(~1-2%):** [illegible] **(codeine)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **0 -** [illegible] [illegible] [illegible] **(**[illegible]**):**

[illegible] **(MTHFR** [illegible]**):** [illegible] + [illegible]; [illegible]**: MTHFR** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]**;** [illegible]**:** [illegible] [illegible] [illegible] [illegible]

[illegible]**-**[illegible]**:** [illegible]**-3** [illegible] **2–4** [illegible] **EPA/DHA** [illegible]**;** [illegible] **500–1000** [illegible] [illegible] [illegible]**;** [illegible]**:** [illegible] [illegible] [illegible] [illegible]**;** [illegible]**:** [illegible] [illegible] **=** [illegible] [illegible]

[illegible]**:** [illegible] **(**[illegible] [illegible]**); DL-**[illegible] **(DLPA) 500–1000** [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **300-400** [illegible]**;** [illegible]**-**[illegible] **200** [illegible]**;** [illegible]**:** [illegible] [illegible] [illegible]**;** [illegible]**:** [illegible] [illegible] **=** [illegible] [illegible] [illegible]**: 7-9** [illegible]**,** [illegible]**;** [illegible]**:** [illegible] [illegible] [illegible] [illegible] **30%** [illegible]**;** [illegible]**:** [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible], [illegible] [illegible], [illegible]

[illegible] 0 - [illegible]

[illegible] - [illegible] [illegible]: [illegible], [illegible]-3, [illegible], [illegible]; MTHFR [illegible] [illegible] [illegible] [illegible]

[illegible] 1 - [illegible]/[illegible]

[illegible], [illegible], [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]

[illegible] 2 - [illegible]-[illegible]

[illegible], [illegible]; [illegible] [illegible], [illegible]; [illegible] CYP2E1 [illegible] [illegible]; [illegible] [illegible] [illegible]

[illegible] 3 - [illegible] ([illegible])

[illegible], [illegible]; [illegible] [illegible] CYP2C9 [illegible]; CYP2C9 [illegible]/[illegible]: [illegible] [illegible]

[illegible] 4 - [illegible] ([illegible])

[illegible], [illegible], [illegible]; [illegible] [illegible], [illegible] [illegible]; COMT [illegible] [illegible] [illegible] [illegible]; CYP2D6 [illegible] [illegible]

— 23.5 —

[illegible]

"[illegible] [illegible] [illegible] [illegible]"** [illegible] **"[illegible] [illegible] [illegible] [illegible]"

[illegible]

[illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible], [illegible]

[illegible] [illegible]

[illegible]
"[illegible], [illegible]"
[illegible] CYP2C9 [illegible] (NSAIDs) [illegible]?
[illegible]
[illegible], [illegible]
COMT-[illegible]
[illegible]
[illegible], [illegible]
"[illegible] CYP2D6 [illegible]? [illegible]"
[illegible]
"[illegible]"
[illegible]
[illegible]
'[illegible]' [illegible]
"[illegible]?"
'[illegible]'
[illegible] = [illegible]
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[illegible]-[illegible]
[illegible]
[illegible]
[illegible]

[illegible]:
[illegible]:
* [illegible] [illegible]);
* [illegible]
[illegible];
* [illegible]

CYP2C9 NSAIDs ([illegible]-[illegible] [illegible]-[illegible]) [illegible] **- 30-35%** [illegible] [illegible]; **ibuprofen** [illegible] **naproxen** [illegible]

COMT [illegible] **- Met/Met** [illegible] [illegible]

[illegible] **0** [illegible] **-3,** [illegible], [illegible], [illegible]; [illegible] [illegible]-[illegible] [illegible] [illegible] [

> [illegible]

[illegible] **23 -** [illegible]

[illegible] 37

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible], [illegible] [illegible]-[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] - COMT [illegible] [illegible] Val/Val [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]
[illegible] [illegible] [illegible] [

[illegible]

COMT - [illegible]
COMT [illegible] **Val158Met** [illegible] **(Val/Val)** [illegible] **(Met/Met)** [illegible] [illegible]**:** [illegible] "[illegible]" [illegible] "[illegible]" [illegible] **COMT** [illegible] [illegible] **-** [illegible] [illegible]**...** [illegible]

COMT [illegible]

[illegible]

[illegible]

[illegible]

[illegible]/[illegible] - [illegible]

[illegible] - [illegible]

[illegible]; [illegible]; [illegible]

[illegible] - [illegible]; [illegible]

Met/Met - [illegible]

[illegible] - [illegible]

[illegible]: [illegible]

[illegible]/[illegible] - [illegible]

[illegible] - [illegible]

[illegible] - [illegible]; [illegible]

MTHFR — [illegible]**:**

[illegible] **(Methylenetetrahydrofolate reductase)** [illegible] **30** [illegible] **70** [illegible] **MTHFR** [illegible]**:** [illegible]

[illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] [

[illegible]:

* *[illegible]*
* *[illegible]*
* *[illegible]*
* *[illegible]*
* *[illegible]*

[illegible] - [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] **(band)** [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible]

[illegible] 44

[illegible]-1 [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] - 2023-2026 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **GLP-1** [illegible] [illegible] [illegible] [illegible] "[illegible]-[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] **2026** [illegible] [illegible] **2** [illegible] [illegible] [illegible] [illegible] [illegible] **FDA** [illegible] [illegible] [illegible] [illegible] **FDA** [illegible] [illegible] [illegible] "[illegible]-[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

*   [illegible] - [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
*   [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] **(**[illegible]**)** [illegible]**-1** [illegible] **(**[illegible]**-**[illegible] [illegible]**)** [illegible] **-** [illegible] **15-20%** [illegible] **10-15%** [illegible] **2025-2026** [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]-[illegible]" [illegible]-1 [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] противопоказаний [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(Alcohol Use Disorder)** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:
  * [illegible] **27** [illegible] [illegible] [illegible] **2** [illegible];
  * [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

* [illegible] [illegible] [illegible] [illegible] **(Binge Eating Disorder)** [illegible] [illegible] [illegible] [illegible] **- GLP-1** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— 44.4 —

[illegible] - [illegible]-1 [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]:

— 44.5 —

[illegible] [illegible] [illegible] - [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible]:

GLP-1 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **44 -** [illegible] **-1** [illegible]

[illegible] **1** [illegible] **44** [illegible]

CENTURIAN [illegible] [illegible]-34

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] 1998 [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] **-** [illegible] [illegible]**-34.001 -** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **1998** [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

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SMART Recovery

CBT/REBT, [illegible], [illegible]

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[illegible], [illegible], [illegible]

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5. [illegible] **-** [illegible]
6. [illegible]
7. [illegible] **(twelve-step)** [illegible] **(SMART)** [illegible] **(Dharma)** [illegible] **(Recovery)** [illegible]

[illegible] - [illegible]

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[illegible] **04 —** [illegible] **—** [illegible]

Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

CENTURIAN [illegible] 13

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[illegible] [illegible] of [illegible]-[illegible] [illegible] of [illegible]

[illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible]

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* "[illegible] **sobriety** [illegible]" - **MAT (**[illegible], [illegible], [illegible]**)** [illegible]; [illegible] [illegible] [illegible]
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* "[illegible] [illegible] [illegible], [illegible] [illegible]" — [illegible] [illegible] [illegible]

"[illegible] [illegible]" [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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SMART Recovery

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Refuge Recovery / Recovery Dharma

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[illegible] 08

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THE GENTLE SEPARATION

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[illegible]

[illegible] 8.4

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

CENTURIAN [illegible] 17

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[illegible]

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* [illegible] [illegible] [illegible] [illegible];
* [illegible] [illegible] [illegible] [illegible] [illegible];
* [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible]**);**
* [illegible] [illegible] [illegible] [illegible];
* [illegible] [illegible] [illegible] [illegible] **3** [illegible]

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Source

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[illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

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§ [illegible] - [illegible] [illegible] [illegible]-16.001§

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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[illegible] [illegible] (SSRIs)[illegible]
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70-80%
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60-80%
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60-80%
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40-60%
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20-40%
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10-20%
SSRIs ([illegible], [illegible])
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30-70% ([illegible])
SNRIs ([illegible], [illegible])
[illegible] + [illegible]
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30-60%

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SSRIs [illegible] [illegible] [illegible]

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* [illegible] ([illegible] [illegible]6) / **P5P** ([illegible] [illegible]): **50-100** [illegible] **P5P** [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]: **400-800** [illegible] [illegible] ([illegible] [illegible]); [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]: **30-50** [illegible] [illegible] ([illegible] [illegible] **2** [illegible], [illegible] [illegible] [illegible]);
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[illegible] [illegible] ([illegible] [illegible]): **300-500** [illegible] [illegible] [illegible]; [illegible] [illegible]-[illegible] ([illegible] [illegible]) [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] ([illegible]-66): **300-600** [illegible] [illegible] [illegible]; [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible]); [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]

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— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

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[illegible]

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[illegible]

[illegible]
[illegible]

[illegible]
[illegible]

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* [illegible]?
* [illegible]?
* [illegible]? [illegible]? [illegible]? [illegible]

inhibition,

[illegible] **HALT** [illegible]

[illegible] **-** [illegible]

[illegible]? [illegible]

[illegible]
[illegible]? [illegible] **(craving)** [illegible]? [illegible]... [illegible] - [illegible]: [illegible]? [illegible]? [illegible]-[illegible]: [illegible] - [illegible], [illegible], [illegible]? [illegible]: [illegible]? [illegible]? [illegible]? [illegible]

[illegible] **-** [illegible]

[illegible]? [illegible]? [illegible]? [

[illegible]

[illegible] "[illegible]" [illegible] - [illegible]:

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible]
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[illegible]?
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[illegible]
[illegible]

*   **[illegible]:** [illegible]-[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible] 26

[illegible] of [illegible]

[illegible] [illegible] of [illegible] [illegible] of of [illegible] [illegible] of—of [illegible] of [illegible] of [illegible] [illegible] [illegible]

— of [illegible] [illegible] of [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible] [illegible] of, [illegible] [illegible] [illegible] of [illegible] [illegible] of [illegible]

> [illegible]: of [illegible], [illegible] [illegible] [illegible] of, of of [illegible] of of of [illegible] [illegible] of of [illegible] [illegible] [illegible], of of [illegible] of [illegible] [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of

> [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

— 26.3 —

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]

[illegible]

"Yet" [illegible]

[illegible]

[illegible]

[illegible]

"[illegible]" - [illegible]

[illegible] **—** [illegible]

[illegible]

— 26.4 —

[illegible]

[illegible]

[illegible] "[illegible]" [illegible] - [illegible] "[illegible]" [illegible]

[illegible]

[illegible]

[illegible] - [illegible]

[illegible]

[illegible]

[

> [illegible]

— 26.5 —

[illegible]

[illegible]

[illegible]

> [illegible]: [illegible] (**[illegible]**)
>
> [illegible]

— 26.6 —

[illegible]

[illegible]:

> [illegible] **26 -** [illegible]:
>
> [illegible]
>
> [illegible]

[illegible]

[illegible]

[illegible]

[illegible] 26b

[illegible] [illegible]

*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **...** [illegible]**2** [illegible] [illegible] [illegible]

* [illegible]
* [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

* *[illegible] [illegible]*
* *[illegible] [illegible] [illegible] [illegible]*
* *[illegible] [illegible] [illegible]*
* *[illegible] [illegible]*
* *[illegible] [illegible]*
* *[illegible] [illegible]*

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

2-4 [illegible]
4-6 [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
1-3 [illegible]
2-4 [illegible]
4-8 [illegible]
6-8 [illegible] [illegible]

[illegible] [illegible]

[illegible]
4-8 [illegible]
8-16 [illegible]

12-16 [illegible] [illegible]

[illegible] [illegible] [illegible]**:**

[illegible] [illegible] [illegible] [

[illegible]:
* [illegible]
* [illegible]
* '[illegible]' **(Cogentin)** [illegible] - [illegible]
* [illegible] **(PRN)** [illegible] - [illegible]
[illegible]

[illegible] - [illegible] (**[illegible]**)
[illegible]:

[illegible]: [illegible] **10%** [illegible] -
[illegible]: [illegible] **5-10%** [illegible] -
[illegible]: **10-20%** [illegible]
[illegible]:
[illegible]: [illegible] **10%** [illegible]

[illegible] **regimen** [illegible] **regimen** [illegible]

[illegible] [illegible] - [illegible] (**[illegible]**)
[illegible]:

[illegible]
* [illegible]-[illegible]: **500–1000** [illegible]
* [illegible]: **30–45** [illegible]
* [illegible]: **20+** [illegible]
[illegible]: **7-9** [illegible] **GABA** [illegible] -
[illegible]: **300-400** [illegible] **GABA** [illegible]
[illegible]: **500-1000** [illegible] **(GABA** [illegible]
[illegible]: **300-600 mg** [illegible]**): 250-500** [illegible]
[illegible]: [illegible], [illegible], [illegible]
[illegible]: **2-4** [illegible]
[illegible]: **500-1000** [illegible] **(BDNF** [illegible]
[illegible]:
[illegible]: [illegible]**12,** [illegible]**6**
[illegible]: [illegible]**-3,**

[illegible] [illegible] - [illegible] [illegible] (**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]**)
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100 [illegible]
40% [illegible] - [illegible]
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[illegible]
200 [illegible]
10-20% - [illegible]; [illegible]

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26,000 [illegible]
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[illegible] (200 [illegible])
52,000 [illegible]
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Same capital redirected.
13,000 [illegible] 60,000 [illegible], [illegible]

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> [illegible] [illegible] [illegible]

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Response

[illegible]

None

[illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (GABA) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] (metabolites) [illegible] [illegible] (lipophilic) [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **-** [illegible] [illegible] [illegible]

30-60 [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible]
[illegible] [illegible] [illegible] [illegible]:
[illegible]: [illegible] **80-100** [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]: [illegible] **25-35** [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible]

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BDNF ([illegible]-[illegible] [illegible]) [illegible] - [illegible] [illegible]

[illegible]: **30-45** [illegible] [illegible] [illegible] [illegible] - **BDNF** [illegible]

[illegible] [illegible]: **500-1000** [illegible] - [illegible] [illegible] [illegible] [illegible] **BDNF** [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]-3 [illegible] [illegible]: 2-4 [illegible] **EPA/DHA** [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] **27 -** [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] ([illegible] 30%)
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[illegible] ([illegible] 20%)
6-12 [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] **COMT (Val/Val) -** [illegible] **COMT** [illegible] **COMT (Val/Met) -** [illegible] **COMT** [illegible]

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Met/Met ([illegible]): [illegible], [illegible], [illegible] - [illegible] [illegible]
Val/Val ([illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]
Val/Met ([illegible]): [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

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COMT [illegible], [illegible] [illegible] [illegible] [illegible], [illegible]

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[illegible], [illegible] of [illegible] (or [illegible] of [illegible] of), [illegible] [illegible]

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of [illegible] [illegible] [illegible] of [illegible] [illegible] of [illegible] of [illegible] of [illegible] [illegible] [illegible] of [illegible] [illegible]

[illegible] [illegible]

[illegible], [illegible], [illegible] [illegible], or [illegible]

[illegible] [illegible] [illegible] of - of [illegible] [illegible] of [illegible] [illegible]

[illegible] [illegible] [illegible] of; of [illegible] of [illegible] [illegible] of of [illegible] of [illegible] of [illegible] [illegible]

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[illegible] of [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]?

of [illegible] [illegible] [illegible] - [illegible] of [illegible] [illegible] of [illegible] of [illegible] [illegible] - of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of [illegible] [illegible] of of of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of [illegible] [illegible] of of [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible], of of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of [illegible] of of of [illegible] [illegible] [illegible]

of of [illegible] of [illegible] of of of [illegible] [illegible] of of [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] of [illegible] of:

of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] of, of of of [illegible] [illegible] [illegible] of: [illegible] of [illegible] [illegible] of of of [illegible] of, [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] of **-** of [illegible] of [illegible] [illegible] [illegible] [illegible] of [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

1. [illegible] [illegible] [illegible] [illegible] [illegible]:
   * [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
   * [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
   * [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

2. [illegible] [illegible] [illegible] [illegible] [illegible]:
   * [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
   * [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible]

[illegible]... [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] **-** [illegible] [illegible] [illegible]

[illegible]

[illegible]: [illegible]

[illegible]
'[illegible]'
[illegible]
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[illegible]?
[illegible]
[illegible]... [illegible] - [illegible] [illegible]: "[illegible] **2018** [illegible] **2020** [illegible] [illegible]... [illegible] [illegible]: "[illegible]

[illegible]:

* [illegible]: [illegible]?

* [illegible]: [illegible]...

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[illegible]

[illegible]:

[illegible] **35S.b —** [illegible]:

[illegible]
* [illegible] - [illegible], [illegible]-[illegible], [illegible] [illegible] [illegible]; [illegible] [illegible]
* [illegible] [illegible] - [illegible], [illegible], [illegible]; [illegible] [illegible] [illegible] [illegible]

[illegible] **(**[illegible], [illegible]-[illegible] [illegible]**)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

PROTOCOL 35S.c

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[illegible], [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

*— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]:

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- [illegible]
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[illegible]
[illegible]

[illegible], [illegible] [illegible] [illegible]

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"[illegible]"

[illegible]

[illegible] [illegible] [illegible] [

[illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] - [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

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[illegible] 35S.d

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*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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* [illegible]?

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MTHFR [illegible] **COMT —** [illegible]
MTHFR [illegible] **—** [illegible]
[illegible] **(Methylenetetrahydrofolate reductase)** [illegible] **(C677T** [illegible] **A1298C)** [illegible] **...** [illegible] **-** [illegible] **COMT** [illegible] **-** [illegible]**:** [illegible]**-**[illegible] **Val/Val** [illegible] **(**[illegible] **-** '[illegible]'[illegible]**)** [illegible] **Met/Met** [illegible] **(**[illegible] **-** '[illegible]'[illegible]**)** [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] / [illegible]
[illegible] [illegible] (P02); [illegible] (P11)
[illegible] [illegible] (P35S.c); [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible]/[illegible] [illegible]
[illegible] [illegible] / [illegible]
[illegible] [illegible] (P02); [illegible] [illegible] (P08)
abstinence [illegible]; [illegible] [illegible] [illegible]; [illegible]; [illegible] [illegible] [illegible] [illegible]
[illegible]
[illegible] [illegible] / [illegible]
[illegible] [illegible] (P02); [illegible] [illegible] (P08)
[illegible] [illegible] (□□22); [illegible]; [illegible] [illegible] (□□33)□
[illegible] [illegible] [illegible]
[illegible] [illegible]
[illegible] [illegible] (P02)
[illegible] [illegible] (P35S.c); [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
[illegible] / [illegible]
[illegible] [illegible]
[illegible] [illegible] (P02)
[illegible] [illegible] (P35S.c); [illegible] [illegible]; [illegible]
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[illegible]
[illegible] [illegible] (P02)
[illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 38

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]-[illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]

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[illegible] **38 —** [illegible]

[illegible] 43

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] **:** [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **([illegible])** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]:

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

***** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] [illegible]

[illegible] 42

[illegible] [illegible]

[illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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> [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **3** [illegible] [illegible] **2024-2025** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] [illegible]

[illegible] **relapse** [illegible] **FMT (**[illegible]**)** [illegible] **NAD+** [illegible] "[illegible]" [illegible] **-** [illegible] **,** [illegible]

* [illegible] **-** [illegible]
* [illegible] **-** [illegible]
* [illegible] **-** [illegible]
* [illegible] **-** [illegible]

[illegible]**:** [illegible] **42** [illegible] **-** [illegible]

— [illegible] VII [illegible] —

[illegible] VIII - [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]/[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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CENTURIAN [illegible] C-33

[illegible] of [illegible]

[illegible] [illegible] of of [illegible] [illegible], [illegible] of, [illegible] [illegible] of [illegible] [illegible] [illegible]— of [illegible] of [illegible] of [illegible] of [illegible] [illegible] [illegible]

— of of [illegible] [illegible] [illegible] of [illegible] of, of [illegible] [illegible] of [illegible] [illegible] of of [illegible] of of [illegible] of of [illegible] [illegible] of, of [illegible] [illegible] of [illegible] [illegible] of [illegible] [illegible]

> [illegible] [illegible] of [illegible] - [illegible] [illegible] of-33.001[illegible] of of [illegible] [illegible] [illegible] [illegible] of, [illegible] [illegible] of [illegible] of [illegible] [illegible] [illegible] of of [illegible] [illegible] [illegible] of of [illegible] of [illegible] [illegible] [illegible] [illegible] of - of [illegible] [illegible], [illegible] [illegible] of [illegible] of [illegible] of of [illegible] [illegible] [illegible] of of, of [illegible] [illegible] of [illegible] [illegible] [illegible] [illegible]

[illegible] **1935** [illegible] **alcoholism** [illegible] **AA** [illegible] **1930** [illegible]

[illegible]

[illegible] **1920** [illegible] **1930** [illegible] **(AA) 1939** [illegible]

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[illegible]

[illegible] 150 [illegible]

[illegible]

[illegible] / [illegible]

[illegible]

1880 [illegible]

[illegible] / [illegible]

[illegible] 1,400 [illegible]

1880 □□ □□□□ - 1900 □□ □□□□

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]-5-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]:

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], **P-5-P** [illegible], [illegible] [illegible], **CBT-I,** [illegible] "[illegible] [illegible]"; [illegible] [illegible] **(ART)** [illegible] [illegible] [illegible] [illegible]:

* [illegible] **(efavirenz)** [illegible] [illegible] [illegible] **(NNRTIs)** [illegible] [illegible] [illegible] [illegible] **(**[illegible]**)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]-[illegible] [illegible] **(ART)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]-32[illegible]

[illegible] [illegible] [illegible]

[illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]-32[illegible]

[illegible] [illegible] - [illegible] **C-32b.001**[illegible] [illegible] **C-32a,** [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible] TNF-α [illegible]

[illegible]; [illegible]

[illegible] / [illegible]

[illegible]

[illegible], [illegible], [illegible]; [illegible]

IDO [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

— C-32b.2 —

[illegible] ([illegible]-1 [illegible]-2)

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

HSV [illegible]:

C-32a [illegible]:

* [illegible]: [illegible] (Valacyclovir, Famciclovir) [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] [

[illegible] - [illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible]:

[illegible] **1 -** [illegible]:
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible]**)** [illegible] **- 80%** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

Phosphatidylserine 200–400mg - [illegible] **Rhodiola rosea 300–600mg** [illegible] -

[illegible]

— C-32b.7 —

[illegible]

[illegible]

[illegible] **(**[illegible]**)** [illegible] **(**[illegible]**)** [illegible] **(**[illegible]**)** [

— C-32b.8 —

[illegible]

STI, [illegible]

[illegible]

[illegible]

[illegible]

HSV-1/HSV-2 ([illegible])

[illegible]; [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible]); [illegible] [illegible] [illegible] [illegible] ([illegible]-[illegible] [illegible])[illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible]; [illegible] [illegible] ([illegible]) [illegible] [illegible] ([illegible], [illegible]); [illegible] [illegible]; [illegible]-[illegible]: [illegible] [illegible]

VZV ([illegible]-[illegible] [illegible]) [illegible] [illegible] [illegible]/ [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]); 25% [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] ([illegible] [illegible] [illegible] [illegible] [illegible]); [illegible] [illegible]/[illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] ([illegible] [illegible])

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] ([illegible] [illegible] 5%) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible]); [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] ([illegible])[illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] ([illegible] [illegible] [illegible]); [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]

[illegible] ([illegible])[illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] ([illegible])[illegible]

[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] ([illegible], [illegible], [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]

AHCC, [illegible] [illegible], [illegible], DIM [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] ([illegible])[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]-[illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]

[illegible]:
[illegible] [illegible] [illegible] **([illegible])** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

* [illegible] **([illegible])** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] VIII [illegible] —

[illegible]

[illegible]

[illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible]

[illegible].

[illegible]

[illegible]

[illegible]

[illegible]

[

THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

MTHFR

मिथाइलीनटेट्राहाइड्रोफोलेट रिडक्टेस (MTHFR)

वाइल्ड टाइप - सामान्य गतिविधि।

C677T विषमयुग्मक (~40% कम)।

C677T होमोजाइगस (लगभग 70% कम) ⚠

A1298C हेटेरोजस (हल्की कमी)।

A1298C होमोजिगस (लगभग 35% कम)।

कंपाउंड हेटेरोज़िगस सी 677टी +ए1298सी ⚠⚠

अज्ञात /अभी तक परीक्षण नहीं किया गया।

COMT

COMT (Val158Met)

Val/Val — तेज़ मेटाबॉलिज़र ('योद्धा ')

वैल /मेट - मध्यवर्ती मेटाबोलाइजर।

Met/Met — धीमी गति से मेटाबॉलिज्म करने वाला व्यक्ति ('चिंता करने वाला ') ⚠

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP2D6

सायटोक्रोम पी 450 2डी 6

सामान्य मेटाबोलाइजर (एनएम)

मध्यवर्ती मेटाबोलाइजर (आईएम)।

खराब मेटाबोलाइजर (4/4 या समकक्ष) ⚠⚠

अल्ट्रा -रैपिड मेटाबोलाइजर (यूएम जीन डुप्लिकेशन) ⚠

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP3A4/5

सायटोक्रोम पी 450 3ए4/5

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THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

सामान्य गतिविधि।

कम गतिविधि (*22 एलील) ⚠

अत्यधिक सक्रिय (दुर्लभ लक्षण)।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP2C19

सायटोक्रोम पी 450 2सी 19

सामान्य मेटाबोलाइजर (एनएम)।

मध्यवर्ती मेटाबोलाइजर (आईएम)।

खराब मेटाबोलाइजर (पीएम) ⚠

तेजी से या अति -तेजी से मेटाबोलाइज करने वाले (आरएम/यूएम)।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP1A2

सायटोक्रोम पी 450 1ए2

सामान्य मेटाबोलाइजर।

धीमी मेटाबॉलिज्म ⚠

तेज़ मेटाबोलाइज़र।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

SLC6A4

सेरोटोनिन ट्रांसपोर्टर जीन (5-HTTLPR)

लम्बा /लम्बा (ल/ल) - उच्च एसईआरटी अभिव्यक्ति।

लम्बा /छोटा (l/s) — मध्यवर्ती एसईआरटी अभिव्यक्ति।

शॉर्ट /शॉर्ट (s/s) - कम एसईआरटी, उच्च लिम्बिक प्रतिक्रियाशीलता ⚠

अज्ञात /अभी तक परीक्षण नहीं किया गया।

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THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

MAOA

मोनोअमाइन ऑक्सीडेज ए (यूवीएनटीआर प्रमोटर)।

उच्च गतिविधि (4R एलील) - कुशल कैटेकोलामाइन निष्कासन।

मध्यवर्ती गतिविधि (3.5R एलील)।

कम गतिविधि (3R - 'योद्धा जीन') ⚠ मनोदशा में अचानक बदलाव का जोखिम।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

HNMT

हिस्टामाइन एन -मिथाइलट्रांसफेरेज (rs11558538)

⚙ प्रोटोकॉल पी 09

सामान्य गतिविधि - सामान्य हिस्टामाइन निष्कासन।

धीमी गतिविधि, विषमयुग्मजी — हल्के रूप से बढ़ा हुआ सीएनएस हिस्टामाइन।

धीमी गतिविधि (टी 105आई होम) ⚠ संवेदी गेटिंग के पतन का जोखिम।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

OPRM1

मु -ओपिओइड रिसेप्टर जीन ए 118जी (आरएस1799971)

A/A - वाइल्ड टाइप, सामान्य ओपिओइड संवेदनशीलता।

A/G — विषमयुग्मजी, रिसेप्टर बाइंडिंग में कमी (लगभग 25%)।

जी/जी - होमोजीनस, म्यू -रिसेप्टर बाइंडिंग में उल्लेखनीय कमी ⚠

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP2C9

सायटोक्रोम पी 450 2सी 9

सामान्य मेटाबोलाइजर (1/1)

मध्यवर्ती मेटाबोलाइजर (1/2 या 1/3) ⚠

खराब मेटाबोलाइजर (2/2, 2/3, 3/3) ⚠⚠

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अज्ञात /अभी तक परीक्षण नहीं किया गया।

GABRA2

जीएबीए -ए रिसेप्टर अल्फा 2 सबयूनिट (rs279858 / rs279845)

सामान्य जीएबीर्जिक टोन - मानक निरोधात्मक कार्य।

कम जोखिम वाला प्रकार - हल्के रूप से बढ़ा हुआ गाबाएर्जिक संवेदनशीलता।

उच्च जोखिम वाला प्रकार ⚠ कम गाबाएर्जिक टोन / दौरे की सीमा।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

FAAH

फैटी एसिड एमाइड हाइड्रोलैस (rs324420 / C385A)

C/C — सामान्य FAAH गतिविधि , मानक एंडोकैनाबिनोइड निकासी।

सी/ए - कम हुआ एफएएएच गतिविधि (लगभग 50%), बढ़ा हुआ एनांडामाइड।

A/A - बहुत कम FAAH गतिविधि ⚠ नींद की संरचना में गड़बड़ी का जोखिम।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

CYP2B6

सायटोक्रोम पी 450 2बी 6 (6/6 / rs3745274)

सामान्य मेटाबोलाइजर (1/1)

मध्यवर्ती मेटाबोलाइजर (1/6) ⚠

खराब मेटाबोलाइजर (6/6 या *18) ⚠⚠ विघटनकारी रुकावट का जोखिम।

अज्ञात /अभी तक परीक्षण नहीं किया गया।

ALDH2

एल्डिहाइड डिहाइड्रोजनेज 2 (ALDH2*2 / rs671)

1/1 - [illegible] [illegible], पूर् [illegible] सिटाल्डीहा [illegible] निकासी [illegible]

1/2 — [illegible], [illegible] 50% [illegible] तिविधि [illegible] [illegible] ⚠ चे [illegible] रे [illegible] लाली [illegible] की प् [illegible] तिक्रिया [illegible]

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[illegible], [illegible] [illegible] ⚠⚠ [illegible] [illegible] [illegible]

[illegible]/[illegible] [illegible] [illegible] [illegible]

}

[illegible]: [illegible] [illegible] [illegible] [illegible]-[illegible]

[illegible] 200 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

1. [illegible]: MTHFR

[illegible] (MTHFR) [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

Val/Val (fast)
[illegible]
[illegible]
[illegible]; [illegible]

Val/Met (intermediate)
50% [illegible]
[illegible]
[illegible]

Met/Met (Sage)
[illegible] 25% [illegible]
[illegible]
[illegible]; [illegible]

"Val/Met (intermediate) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

CYP3A4 [illegible]

[illegible]

[illegible]

[illegible]

[illegible]
[illegible]
[illegible]
[illegible]

[illegible] (*22)
~5-10% [illegible] ([illegible]); ~15% ([illegible])
[illegible]
[illegible]

CYP3A4 *22 [illegible] (rs35599367) [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

[illegible] (*1/*1)

[illegible]
[illegible]
[illegible]

[illegible] (*1/6*)

~25-30% [illegible] (IM)
[illegible]
[illegible]

[illegible] (6/6)

[illegible] 3-5% [illegible]; [illegible] 8% [illegible]
[illegible]
"[illegible]"

6/6 [illegible] (rs3745274) [illegible] [illegible] [illegible]

6. [illegible] [illegible]: [illegible]

[illegible] [illegible]-[illegible] (HNMT) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] rs11558538 (T105I) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] (FAAH) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] rs324420 (C385A) [illegible] A/A [illegible], [illegible] [illegible] 4-6% [illegible] [illegible] [illegible] [illegible], FAAH [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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3. [illegible] [illegible] **([illegible] [illegible])**: [illegible] [illegible] **([illegible] [illegible])** [illegible] [illegible] [illegible] [illegible] [illegible] **([illegible]-[illegible] [illegible])** [illegible] **([illegible]-[illegible] [illegible] [illegible])** [illegible] [illegible] [illegible]
4. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
5. [illegible] [illegible] **([illegible])**: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]**4** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]**4** [illegible] [illegible] **200**/[illegible]³ [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] "[illegible] [illegible]" **([illegible])** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] **([illegible] [illegible])** [illegible] [illegible] [illegible] [illegible]

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3.1 [illegible] [illegible]
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3.2 [illegible] [illegible]
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4. [illegible] [illegible]: [illegible] [illegible]

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4.1 [illegible] **1:** [illegible]-[illegible] [illegible] **(PrEP)**
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IV. [illegible]
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VII. [illegible]
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[illegible] [illegible] (CYP2D6, CYP2C19, CYP3A4); CYP2D6 [illegible] [illegible] [illegible]

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[illegible], [illegible], [illegible]

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III. [illegible]

[illegible]. [illegible]

[illegible]

[illegible] [illegible] [illegible] [

11. [illegible]: [illegible] | HHS.gov. https://www.hhs.gov/hepatitis/learn-about-viral-hepatitis/hepatitis-b-basics/index.html ([illegible]: 23 [illegible], 2026).

12. [illegible] https://pubmed.ncbi.nlm.nih.gov/38385866 ([illegible]: 23 [illegible], 2026).

13. [illegible], [illegible] [illegible]-[illegible] [illegible] [illegible] https://www.sciencedirect.com/science/article/pii/S1876034125004356 ([illegible]: 23 [illegible], 2026).

14. [illegible] (https://academic.oup.com/ofid/advance-article/doi/10.1093/ofid/ofaf678/8316291 ([illegible]: 23 [illegible], 2026).

15. [illegible] - [illegible] https://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/populations/men-who-have-sex-with-men ([illegible]: 23 [illegible], 2026).

16. [illegible] https://www.cdc.gov/mmwr/volumes/70/wr/mm7024a2.htm ([illegible]: 23 [illegible], 2026).

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18. [illegible] https://pmc.ncbi.nlm.nih.gov/articles/PMC11213170 ([illegible]: 23 [illegible], 2026).

19. [illegible] https://www.thelancet.com/journals/langas/article/PIIS2468-1253(20)30303-4/abstract ([illegible]: 23 [illegible], 2026).

20. [illegible] https://pmc.ncbi.nlm.nih.gov/articles/PMC7215464 ([illegible]: 23 [illegible], 2026).

21. [illegible] https://www.mdpi.com/1424-8247/17/3/331 ([illegible]: 23 [illegible], 2026).

22. [illegible]: https://pmc.ncbi.nlm.nih.gov/articles/PMC7159786 ([illegible]: 23 [illegible], 2026).

23. [illegible], https://www.sciencedirect.com/science/article/pii/B9780443153365000075 (23 [illegible], 2026).

24. https://www.frontiersin.org/journals/pharmacology/articles/10.3389/fphar.2025.1604473/full ([illegible]: 23 [illegible], 2026).

25. [illegible] https://portlandpress.com/biochemj/article/429/3/435/45543/Pharmacogenetics-and-human-genetic-polymorphisms ([illegible]: 23 [illegible], 2026).

26. [illegible]: https://www.researchgate.net/publication/380122181_Pharmacogenomics_as_a_Tool_in_Addressing_Genetic_VariationDependent_Adverse_Drug_Reactions ([illegible]: 23 [illegible], 2026).

27. [illegible] https://link.springer.com/article/10.1186/gm409 ([illegible]: 23 [illegible], 2026).

28. [illegible] https://www.mdpi.com/1422-0067/17/10/1714 ([illegible]: 23 [illegible], 2026).

29. [illegible]: https://www.sciencedirect.com/science/article/pii/B9780443153365000075 ([illegible]: 23 [illegible], 2026).

30. [illegible] https://www.wjgnet.com/1007-9327/full/v24/i30/3347.htm ([illegible]: 23 [illegible], 2026).

31. [illegible]: https://pmc.ncbi.nlm.nih.gov/articles/PMC12656939 ([illegible]: 23 [illegible], 2026).

32. [illegible] **https://pmc.ncbi.nlm.nih.gov/articles/PMC8239318 ([illegible]: 23 [illegible], 2026)**[illegible]
33. [illegible] **https://www.nursingworld.org/news/news-releases/2025/american-nurses-association-reaffirms-support-for-evidence-based-immunizations-following-cdc-panel-vote-on-hepatitis-b-vaccine ([illegible]: 23 [illegible], 2026)**[illegible]
34. [illegible] **https://www.jscimedcentral.com/jounal-article-info/Journal-of-Preventive-Medicine-and-Health-Care/Ethical-Considerations-in-Implementing-Mandatory-Hepatitis-B-Vaccination-Policies-for-Healthcare-Workers-in-Sub-Saharan-Africa-12347 ([illegible]: 23 [illegible], 2026)**[illegible]
35. [illegible] **https://www.emjreviews.com/microbiology-infectious-diseases/article/editors-pick-guideline-adherence-to-hepatitis-b-virus-screening-and-vaccinationin-patients-prescribed-hiv-oral-pre-exposure-prophylaxis-j100125 ([illegible]: 23 [illegible], 2026)**[illegible]

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[illegible]

[illegible], [illegible] (gut-brain axis) [illegible] 09 [illegible] COMT/MTHFR [illegible] EBV/[illegible]... [illegible]: [illegible]

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III. [illegible]

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[illegible] - [illegible]
[illegible] [illegible] [illegible] (Giardia lamblia): [illegible], [illegible] [illegible], [illegible]

I. [illegible]: [illegible] [illegible], [illegible]

[illegible]. [illegible]
Giardia lamblia (syn. Giardia duodenalis או Giardia intestinalis) [illegible] [illegible] [illegible]

[illegible]

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IV. [illegible]

[illegible]: [illegible]%; [illegible] ([illegible] [illegible] [illegible] [illegible]-[illegible]% [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] (COMT/MTHFR) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible]

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VI. [illegible]

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VII. [illegible]

([illegible] 2026 [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible]/[illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]-[illegible]1 [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible])

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[illegible]-[illegible] [illegible] ([illegible] [illegible])**:** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

I. [illegible]: [illegible]-[illegible] [illegible] **(EBV)** [illegible], [illegible]

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[illegible]-[illegible] [illegible] ([illegible]), [illegible], [illegible] [illegible] [illegible] [illegible] 90% [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

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T. gondii [illegible] ([illegible] [illegible] [illegible] [illegible]/[illegible]/[illegible]), [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible]

I. [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] *[illegible] [illegible]* (T. gondii) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] II [illegible] ([illegible] [illegible] DRB1/DQB1 [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (IFNL) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] - [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] COMT/MTHFR [illegible] [illegible]
*COMT Met/Met ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible], [illegible] COMT ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] MTHFR ([illegible] [illegible] [illegible] SAMe/NT [illegible] [illegible] [illegible] [illegible] [illegible] [illegible])[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (MTHFR T/T [illegible] + COMT Met/Met [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] + [illegible] [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]/[illegible]/[illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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*[illegible] [illegible] [illegible] [

[illegible] [illegible] 30-35% [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible], [illegible] COMT ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] MTHFR (SAMe/NT [illegible] [illegible] [illegible] [illegible] [illegible])[illegible] [illegible] [illegible] (MTHFR T/T [illegible] + COMT Met/Met [illegible]) [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] + [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible], [illegible]/[illegible]/[illegible] → [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible]; [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] - [illegible]1 - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

* *[illegible] (Mammillary bodies)*
* *[illegible] (Thalamus)*
* *[illegible] (Periaqueductal gray)*

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] (IV [illegible]) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
*[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (triad) [illegible] 16% [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] (anterograde amnesia) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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12. [illegible]: [illegible], [illegible]-[illegible] [illegible] [illegible]
13. [illegible]: [illegible] [illegible] [illegible]
14. [illegible]: [illegible] [illegible] → [illegible] [illegible] [illegible]
15. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]

□ 25 [illegible] [illegible] [illegible] [illegible] 15 [illegible]

[illegible]

1. [illegible]: [illegible] [illegible]; [illegible] [illegible] [illegible]
2. [illegible]: [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]
3. [illegible]: [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]
4. [illegible]: [illegible] [illegible]/[illegible] [illegible] [illegible]
5. [illegible]: [illegible] [illegible]
6. [illegible]: [illegible] [illegible] [illegible] [illegible]
7. [illegible]: [illegible] [illegible] [illegible] [illegible]
8. [illegible] ([illegible]) - [illegible] [illegible] [illegible] [illegible]
9. [illegible]: [illegible]-[illegible] [illegible] → [illegible]
10. [illegible]: "[illegible]" [illegible] [illegible]
11. [illegible]: [illegible] [illegible] [illegible] [illegible]
12. [illegible] [illegible] [illegible] → [illegible] [illegible]
13. [illegible]: [illegible] [illegible] [illegible]
14. [illegible]: [illegible] → [illegible] [illegible]
15. [illegible]: [illegible] [illegible] [illegible]

□ [illegible]

- 18 [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]
- 25 [illegible] [illegible] [illegible] [illegible]

□ 25-50 [illegible] [illegible] [illegible]

[illegible]

1. [illegible]: [illegible], [illegible] [illegible]
2. [illegible]: [illegible] [illegible]
3. [illegible]: [illegible] [illegible]
4. [illegible]: [illegible] [illegible]
5. [illegible]: [illegible] [illegible]
6. [illegible]: [illegible] [illegible]
7. [illegible]: "[illegible]" [illegible]
8. [illegible]: [illegible] [illegible]-[illegible]
9. [illegible]: [illegible] [illegible]

10. [illegible]: [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
11. [illegible]: [illegible] [illegible] → [illegible] [illegible]
12. [illegible]: [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible]
13. [illegible]: [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
14. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
15. [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

□ 50-75 [illegible] [illegible] [illegible] [illegible]

[illegible]

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2. [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
3. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
4. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
5. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
6. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
7. [illegible] [illegible]: [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
8. [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
9. [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
10. [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible]
11. [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
12. [illegible]: [illegible] [illegible] [illegible] [illegible]
13. [illegible]: 8K+ [illegible] [illegible] [illegible], [illegible] [illegible] PTSD [illegible] [illegible] [illegible] [illegible]
14. [illegible]: [illegible] [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
15. [illegible]: [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

□ [illegible]

- 25-50 [illegible]: [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

5. [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible]
6. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
7. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]) | [illegible] [illegible] [illegible] | [illegible]
8. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
9. [illegible] [illegible] [illegible] [illegible] [illegible]) | [illegible] [illegible] [illegible] | [illegible]
10. [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
11. [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
12. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
13. [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
14. [illegible] [illegible], [illegible] [illegible] [illegible], [illegible]
15. [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
16. [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
17. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
18. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
19. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
20. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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21. [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible]-[illegible])[illegible] [illegible] [illegible] [illegible] [illegible]
22. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible]
23. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]
24. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
25. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
26. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

48. [illegible] (Sunday) [illegible]
49. [illegible] [illegible]
50. [illegible] (Monday) [illegible]
51. [illegible] [illegible]
52. [illegible] (Tuesday) [illegible]
53. [illegible] (Wednesday) [illegible]
54. [illegible] (Thursday) [illegible]
55. [illegible] [illegible]
56. [illegible] [illegible]
57. [illegible] [illegible]
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59. [illegible] (FOMO) [illegible]
60. [illegible] [illegible]

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61. [illegible] [illegible]
62. [illegible] [illegible]
63. [illegible] [illegible]
64. [illegible] (Friday) [illegible]
65. [illegible] [illegible]
66. [illegible] [illegible]
67. [illegible] (Saturday) [illegible]
68. [illegible] [illegible]
69. [illegible] [illegible]
70. [illegible] [illegible]
71. [illegible] [illegible]
72. [illegible] (Sunday) [illegible]
73. [illegible] [illegible]
74. [illegible] [illegible]
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76. [illegible] [illegible]
77. [illegible] [illegible]
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88. [illegible] [illegible]
89. [illegible] (Monday) [illegible]
90. [illegible] [illegible]
91. [illegible] [illegible]
92. [illegible] [illegible]
93. [illegible] (Tuesday) [illegible]
94. [illegible] [illegible]
95. [illegible] [illegible]
96. [illegible] [illegible]

97. [illegible]
98. [illegible]
99. [illegible]
100. [illegible]

[illegible]

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FOMO: [illegible]

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[illegible]
[illegible]

[illegible]

[illegible]

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14. [illegible]/[illegible]: [illegible]; [illegible] [illegible] [illegible]
15. [illegible] [illegible] [illegible] (Ctrl+Z, Ctrl+Y) - [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible]
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- [illegible]: [illegible]
- [illegible]: [illegible] [illegible] [illegible]
- [illegible]: "[illegible]-[illegible]" [illegible]
[illegible]. [illegible]: [illegible], [illegible]; [illegible] [illegible]
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- [illegible]: [illegible] [illegible]
- [illegible]:
- [illegible]: [illegible]; [illegible] [illegible]
- [illegible]: [illegible] (Ctrl/[illegible]/[illegible]) [illegible]
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- [illegible]:
- [illegible]-[illegible]: [illegible], [illegible] [illegible]
* [illegible]: [illegible] [illegible]
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- [illegible]:
- [illegible]: [illegible], [illegible], [illegible] [illegible]
[illegible]. [illegible]: [illegible]; [illegible]
[illegible]: [illegible]
[illegible] [illegible] [illegible]
- [illegible] 1:
[illegible]: [illegible] [illegible] 15 [illegible]

o [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]; 20 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible] 2:

o [illegible]: [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible]: [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

o [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] 45 [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] 12 [illegible]

1. [illegible] → [illegible] [illegible] [illegible] [illegible]

2. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

3. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

4. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

5. [illegible] [illegible] → [illegible]**:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible], [illegible], [illegible]**)**[illegible]

6. [illegible] [illegible] → [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

7. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

8. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

10. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible]**;** [illegible] [illegible] [illegible] [illegible] [illegible]

11. [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

12. [illegible] [illegible]**:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]axiom [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:
• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
• [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

1. [illegible] [illegible]
• [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] "[illegible]" [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible]
2. [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
3. [illegible] [illegible] [illegible] [illegible]
• [illegible], [illegible], [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] (PTSD)□
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4. [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
• [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]
5. [illegible] [illegible] [illegible]-[illegible] [illegible]
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• [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible]
□ [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
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SAMHSA National Helpline — 1-800-662-4357 (free, confidential, 24/7)

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